Prince's party is over

Fun-loving Prince Harry is now back in Afghanistan for his second tour of duty PAGE 11

WHO WILL TOP THE DAYTIME TV TALK?

KATIE COURIC IS JUST ONE OF THE FAMILIAR FACES ENTERING THE TALK-SHOW FRAY TODAY PAGE 18

VANCOUVER metro®

Monday, September 10, 2012

News worth sharing.

metronews.ca | twitter.com/vancouvermetro | facebook.com/vancouvermetro

Independent body will investigate police incidents

Civilian oversight. On Monday, B.C. officially opens the Independent Investigations Office

MATT KIELTYKA
matt.kieltyka@metronews.ca

The B.C. Civil Liberties Association (BCCLA) says the establishment of the Independent Investigations Office (IIO) is reason for hope.

BCCLA executive director David Eby has been calling for an independent body to investigate police-related incidents involving death or serious harm for years, claiming police should not investigate themselves.

On Monday, he gets his wish as the provincial government officially opens the IIO in Surrey, led by chief civilian director Richard Rosenthal.

"We're very hopeful for the success of this office," said Eby. "It's the best chance police have of restoring public confidence."

The provincial government announced plans for the IIO in 2010 following the recommendations of public inquiries into the police-related deaths of Polish immigrant Robert Dziekanski at Vancouver International Airport and the exposure death of Frank Paul in Vancouver.

Eby says the body will be a success if the independent investigations are thorough and careful. There have been too many cases where important evidence or information was glossed over during internal police investigations, only to surface during public inquiries, he says.

Rosenthal was named the director of the IIO in late 2011. The American served 15 years as the deputy district attorney for Los Angeles County before taking on director roles in the independent police-review divisions in Portland and Denver.

He also served on the board of directors for the National Association of Civilian Oversight of Law Enforcement in the U.S.

Quoted

"We're very hopeful for the success of this office. It's the best chance police have of restoring public confidence."

David Eby, executive director of the B.C. Civil Liberties Association

SEISMIC SHIFT

More than 100 members of the Seaforth Highlanders marched down West Fourth Avenue on Sunday morning to their temporary new home at Jericho Garrison. The Seaforth Armoury on Burrard will be closed for three years as it undergoes repairs, including seismic upgrades. Story, page 3. PHYLICIA TORREVILLAS/METRO

Son charged in mom's death

Richmond resident Yuan Xi Tang arrested after mother's remains found in suitcase PAGE 4

Waiting game for survivors

A series of earthquakes in southwestern China have left survivors desperate for aid PAGE 9

From rugrats to bookworms

Try these eight unique strategies to get your kids into reading PAGE 23

Exclusive Offer for Metro Readers
METRO DAY AT H&M
25% OFF ONE ITEM!
Show your copy of the Sept 13th Metro or your Metro News app and get 25% off!*
metro
News worth sharing.
H&M
*Valid 9/13/12 in Canada only. Offer not valid on previous purchases, for gift card purchases, on designer collections, sale items and cannot be combined with any other offers or discounts including H&M employee discount. Coupon must be surrendered at time of purchase or shown on mobile device. 25% off applies to one article only. Copies not accepted. Limit one discount per customer, per transaction.

In repair

Seaforths march forth on Fourth

It was a bittersweet moment for the members of the Seaforth Highlanders as they marched to their temporary new home Sunday.

Their home — the historic Seaforth Armoury at the base of the Burrard Street Bridge —will be closed for repairs for three years. The armoury was built by Seaforth soldiers in 1936.

Capt. Rob McDonald, curator and historian at the Seaforth Armoury, said this is the first time that the troops marched out the same blue doors since 1939 when soldiers departed Vancouver for the Second World War.

"It tears us a little bit to leave the family place, but we live in the hope that we will be marching back in three years time," he said.

More than 100 soldiers marched down West Fourth Avenue Sunday morning to Jericho Garrison.

"We are taking our most treasured artifacts and pictures with us so that when we move in to the new location it's going to look like home again," he said.

McDonald said the repairs, which include seismic upgrades, are important for better training grounds and accommodation for both citizens and soldiers.

Seaforth soldiers have been deployed to Afghanistan and have participated in every United Nations and NATO deployment since the founding of the two organizations, he added.

McDonald said it was tough for both veterans and rookies to say goodbye to their ancestral home, but it's all about soldiers sticking together.

"This building is a totem of our culture, but where the colours go, where the men go, that's where the regiment is."

PHYLICIA TORREVILLAS/METRO

Heather Dekerf looks on as riders make their way to the starting gate at Hastings Racecourse for the opening race on Sunday. The day's events included the B.C Derby and B.C. Oaks. PHYLICIA TORREVILLAS/METRO

Gutierrez falls short of B.C. Derby win

One out of two.
25-year-old jockey fails to nab prestigious trophy for horse owner Glen Todd and trainer Troy Taylor

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Mario Gutierrez kept his winning streak alive on Sunday at Hastings Racecourse, but he didn't get all the hardware on his list.

The Kentucky Derby and Preakness Stakes-winning jockey rode Evelyn's Dancer to victory in the $100,000 British Columbia Oaks for three-year-old fillies.

The 25-year-old jockey was aboard Taylors Deal for the B.C Derby race, but failed to nab the trophy for horse owner Glen Todd and trainer Troy Taylor.

Second City won $200,000, while Gutierrez and Taylors Deal came in fourth.

In an interview with Metro last week, Gutierrez said that he wanted to win to give Todd, his mentor and friend, his first B.C. Derby trophy.

Raj Mutti, B.C. Racing's regional general manager, said Gutierrez's presence created a great buzz for the 67th annual B.C. Derby and 49th B.C. Oaks races.

"It's gotten the whole city excited and involved in racing, as everyone's still cheering for Mario," he said.

The venue was buzzing with excitement as more than 10,000 people came in to watch the 10-race card.

Heather Dekerf and her two preteen daughters donned colourful hats, while other female spectators sported fascinators — the go-to headpiece for horse races.

"We tend to have a lot of fun here," she said. "(My daughters) love the horses and want to see them. We also love dressing up."

Mobile news

Ever wonder what the Royal Family would look like as the undead? Canadian 'zombie illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery of royals.

Register Now For All Programs
Canadian Health Care Academy
Nursing Unit Clerk Begins October 8 & 29 Seats are limited
- 25 weeks (Mon, Wed, Thurs)
- 5 weeks full time practicum at a lower mainland facility/hospital
- Onsite (hospital) Computer Training

$500 OFF October NUC & HCA

Program schedule is part time to suit your busy life!
Student Loans available. Information Session every Thursday 6-8pm
Health Care Assistant Program begins October 8 (Just 6 months)

Call: 604.540.2421 info@canadianhealthcareacademy.com www.canadianhealthcareacademy.com

Known to police. Victim dead in apparent targeted shooting in Port Moody

Homicide investigators from Vancouver have been called in to investigate a possible targeted shooting in Port Moody.

Police were called to the 900 block of Wallace Wynd Road just after 10 a.m. on Saturday.

There, they searched a home in the area and discovered a 32-year-old man suffering from several gunshot wounds.

The victim was rushed to hospital, but died from his injuries.

His name has not been publicly released.

The Vancouver Police Department's homicide unit — which acts as an integrated unit for several municipal departments that don't have their own homicide teams — was called in to investigate the shooting.

The victim is known to police and investigators believe that the attack was likely targeted.

However, no suspects have been identified at this point.

Saturday's shooting was Port Moody's third homicide of 2012. MATT KIELTYKA/METRO

Remains found in July. Son charged with murder in case of missing mother

The son of Lianjie Guo has been charged with first-degree murder after investigators confirmed Friday her remains were found in a suitcase on Harwood Island, B.C.

Richmond resident Yuan Xi Tang, 25, stood before media earlier this year and pleaded for the public to help find his mother, a Chinese national who was reported missing June 7 while visiting her son in Canada.

Now Tang is charged with first-degree murder and counselling to commit an indictable offence in the case, after three months of investigation by Richmond RCMP, the Integrated Homicide Investigation Team and other agencies on both sides of the Pacific Ocean.

Guo's remains were found inside a suitcase by Powell River RCMP July 29, but police didn't release the victim's identity until recently to preserve their investigation.

IHIT believe evidence began to suggest that a family member may have been involved in the murder, so police refrained from telling the family Guo's remains had been found until they zeroed in on a suspect.

Tang was arrested on Friday, and only then was Guo's husband told the news.

"As you can well imagine, he is attempting as best he can to process this information," said IHIT spokesperson Sgt. Jennifer Pound.

IHIT Insp. Kevin Hackett said more than 100 investigators were involved over the course of the investigation.

MATT KIELTYKA/METRO

Tang Jihui and his son Yuan Xi "Will" Tang display posters of their missing wife and mother, Lianjie Guo, at a press conference in Richmond in June. PHYLICIA TORREVILLAS/METRO FILE

Forgery

RCMP uncover fake utility bills in Kootenays

Police in Cranbrook say they've uncovered more than two dozen forged utilities contracts and are looking for more.

The investigation goes back to last December after a business complained of irregular natural gas bills.

THE CANADIAN PRESS

Provincial election

MLA Hawes won't run in 2013

Premier Christy Clark is lauding the latest Liberal MLA who's announced he won't run in next year's provincial election.

She says three-term Abbotsford-Mission MLA Randy Hawes has been a tireless community advocate, and has worked on committees and the treasury board.

THE CANADIAN PRESS

People watch smoke from a fire near Peachland, B.C., as they sit on Gyro beach in Kelowna on Sunday. Authorities have ordered the evacuation of about a thousand people from the path of a wildfire raging near the community, with hundreds more preparing to leave. TOM OCKELTON/THE CANADIAN PRESS

'A chaotic scene' as Peachland fire forces thousands to flee

Winds up to 40 km/h. Authorities order evacuation from wildfire raging in the Okanagan Valley

Thousands of people grabbed their most cherished possessions and fled with a few moments' notice Sunday night from the path of a forest fire in the British Columbia's Okanagan region that was whipped into a frenzy by high winds.

The fire was reported in an area called Trepanier Bench, on the west side of Peachland, B.C., around 3 p.m., by RCMP officers conducting a speed patrol on the highway. Within a half hour, the first evacuation order was issued as winds up to 40 kilometres an hour stoked the flames.

By the time darkness fell, more than 1,500 people had been ordered to evacuate and about 800 more were preparing to leave as an evacuation alert was extended into the downtown of the community on the west side of Okanagan Lake.

"It was kind of a chaotic scene, people driving down the streets with their trucks full of their belongings," said Natasha Chudyk, who was driving from Summerland to Vancouver.

Ashes fell from the sky like snow as helicopters and water bombers picked up water from the lake to try and douse the flames. Chudyk said she could taste the smoke in her mouth, and hours later, the acrid smell still permeated her truck.

After passing through a road block to continue the journey to Vancouver, she could see the flames.

"What was most alarming to me was there was a ranch that had been evacuated and the home nearby was on fire and there were six or seven horses completely on their own."

She posted a photo on Twitter and people who saw the picture were trying to get trailers to evacuate the animals.

"The flames were just grabbing ahold of the trees and just taking off, little fires all over the place. When we got up onto the (Okanagan Connector highway), the fire was right beside the highway."

Peachland is 380 kilometres northeast of Vancouver and 25 kilometres southwest of Kelowna on Okanagan Lake.

THE CANADIAN PRESS

Transit Police show off the drugs, cash, cellphones and guns seized in a recent search of two vehicles in Surrey. CONTRIBUTED

Cutoff leads to the 'cuffs

And the moral of the story is don't cut off a police officer.

Transit police say they confiscated a handgun, a quantity of drugs, cash, four cellphones and another replica handgun, and arrested two suspects Thursday, all because of a driving faux pas.

The two suspects were allegedly in a vehicle that cut off two Transit Police officers who were on their way to Surrey Central SkyTrain Station.

Not impressed by the reckless action, the officers checked the licence plate of the vehicle and learned that it was uninsured.

Police followed the car to a parking lot and confronted the driver.

Officers allege they had a clear view of the drugs, cash and cellphones in the car and began a search — which uncovered a nine-millimetre handgun found between the seats.

A second vehicle, parked right beside the suspects, was also searched and a replica handgun was found.

Austin Lopez, 19, was arrested and charged with possession of drugs and possession of a weapon with a tampered serial number.

Mathew Eakin, 21, is charged with possession of drugs for the purpose of trafficking and unauthorized possession of a firearm.

Transit police say both of the accused are previously known to police. MATT KIELTYKA/METRO

RELEVANT SKILLS. MEANINGFUL JOBS.

Sprott Shaw College is the oldest private post-secondary institution in British Columbia. We have more than a century of experience in providing high quality education. Our campuses are located throughout BC, offering exceptional courses in Business, Health & Social Care, Tourism & Hospitality, Trades & Education. Our colleges are an ideal place to train for a new career in a broad spectrum of fields.

WITH OVER 12 CAMPUSES, THERE'S ONE NEAR YOU.*

TALK TO US TODAY: 310-HIRE SPROTTSHAW.COM

*Not all programs available in all campuses. Formerly known as Sprott-Shaw Community College.

SPROTT SHAW COLLEGE SINCE 1903

Criminals using our less-secure documents to get real passports

Leveraging upward. A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

The RCMP says other official documents are being used to sign up for legitimate passports. THE CANADIAN PRESS FILE

Criminals are increasingly using stolen social insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — identity records such as social insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ottawa's recent move to stop issuing SIN cards, instead sending the information in a letter, may not hinder identity thieves who skim someone's mail or pick through their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic" identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's license, according to the RCMP.

"There are too many ID cards/documents in circulation. More documents lead to more standards, which opens the door to more fraud," the report says, adding organized crime groups seize upon identity-protection shortfalls.

Getting the provincial and federal governments on the same page when checking someone's identity is a big undertaking that nonetheless needs tackling, said Lindsay Lee, director of the Canadian Identity Theft Support Centre, which runs a hotline for identity fraud victims.

"There's no unified system for (governments) to check everything across the board. It's really challenging to get everyone in line," she said.

THE CANADIAN PRESS

Analysis

ID theft now a growth industry

Some 17,000 Canadians lost more than $13-million to identity fraud last year, twice the loss reported in 2007, according the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done once a year and watching for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, it recommends.

And once bills and government letters have been read? "Shred them."

RCMP Sgt. Luce Normandin is helping draft a national identity crime strategy. She says the plan aims to boost awareness among governments, businesses and Canadians and cut down identity theft rates. THE CANADIAN PRESS

Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the seasonal vaccine because of the concerns raised by the studies.

Many people in the public-health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise $1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Underwater allies

Mine-detecting dolphins have served for a long time.

- The U.S. navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

Drummondville, Que.

Tornado kills hydro for more than 90K

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

"With my previous provider I didn't have unlimited anything. And now, I have unlimited everything. It's great."

BRANDY P.
From Calgary, WIND Customer since January 2012

THAT'S THE POWER OF WIND™

WHY PUT A LIMIT ON UNLIMITED?

That's what we're thinking. At WIND Mobile our unlimited plans really are unlimited. Join and get unlimited data, Canada-wide text and local talk, from anywhere on our network, for only $29 a month. Plus all of our plans include caller ID.

Join by September 30th

$29 per month

Offer won't last.

UNLIMITED
DATA + TEXT + LOCAL TALK

From anywhere on our network. Includes caller ID.

SAMSUNG Galaxy S III™

Learn more at WINDmobile.ca

Offer valid from Aug 2nd until Sept 30th or prior notice of termination on WINDmobile.ca. To be eligible for this promotion, an existing or prospective customer must activate a new line in person at a WIND retail store with WIND's $29 per month Unlimited DATA + TEXT + LOCAL TALK plan during the Promotion Period. This monthly plan will continue to be provided to you at $29 per month as long as i) this plan is offered by WIND; ii) you stay on this plan without interruption; iii) you are continuously a WIND Mobile subscriber; and iv) you maintain your account with WIND in good financial standing. This promotion is available to Pay Before and Pay After customers; is eligible for a WINDtab up to $200; and is eligible for Better Together Savings. This promotion is available at WIND retail locations only and is not available through WIND customer care or online. This offer cannot be combined with any other offer. Under certain limited conditions, existing WIND customers may also be eligible for this plan if they migrate their number – see WINDmobile.ca for details. All services subject to WIND's terms of service, fair usage policy and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile. *Mobile Republic retail locations. **Money Mart retail locations. †Cellular Baby retail locations.

PARTICIPATING WIND STORES

ALBERTA

CALGARY
1013 17th Avenue SW
1601 Centre Street NW
233 Centre Street SW
3525 26th Avenue SE
4420 17th Avenue SE
5120 47th Street NE
627 1st Avenue NE
6404 Bowness Road NW**
8180 11 Street SE**
Chinook Centre
Deerfoot Mall
Kensington Village
Market Mall
Marlborough Mall
Pacific Place Mall
Southland Crossing
Sunridge Mall
Westbrook Mall

EDMONTON
10122 149th Street NW
2714 48th Street NW
9303 34th Avenue NW
11741 95 Street NW
10756 Jasper Avenue NW**
10024 82 Avenue NW**
Abbotsfield Mall
Bonnie Doon Mall
Edmonton City Centre
Edmonton City Centre West
Kingsway Mall
Millwoods Shopping Centre
Northgate Centre
West Edmonton Mall
Westmount Mall
Londonderry Mall

ST. ALBERT
St. Albert Centre

BRITISH COLUMBIA

ABBOTSFORD
Seven Oaks Mall

BURNABY
4206 Hastings Street**
4501 North Road
4700 Kingsway†
Crystal Mall
Metropolis at Metrotown
Metropolis at Metrotown†

COQUITLAM
Coquitlam Centre

DELTA
9255 Scott Road

LANGLEY
Willowbrook Mall

NEW WESTMINSTER
Plaza 88
Queensborough Landing
948 12th Street

NORTH VANCOUVER
146 3rd Street West**
935 Marine Drive†
Capilano Mall†

RICHMOND
Parker Place Mall*
6551 No. 3 Road†
Lansdowne Mall
Richmond Centre Mall†

SURREY
8334 128th Street
Central City Mall
Guildford Town Centre

VANCOUVER
1139-88 West Pender
116 Davie Street
1160 Davie Street†
1191 Robson Street†
1238 Robson Street*
1251 Kingsway
2228 West 4th Avenue
2595 Commercial Drive**
2723 East Hastings Street
3149 Kingsway
500 West Broadway
City Square†
6446 Fraser Street
665 Robson Street†
779 Thurlow Street
807 Hornby Street*
Kingsgate Mall
8415 Granville Street

What Iran does over embassy row won't be a surprise: PM

Diplomatic fallout. NDP Foreign Affairs critic Paul Dewar has said the Canadian embassy closure in Iran has removed Canada as a potential player in the Middle East

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplomatic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats from Canada.

An Iranian lawmaker said his government would have a firm response, while a foreign ministry spokesman called the Harper government hostile and racist, and accused it of doing the bidding of Israel and Britain, according to Iran's Mehr news agency.

Harper said Canadian diplomats were recalled because of Iran's "capacity for increasingly bad behaviour."

"So nothing would surprise me. But that is all the more reason why it's essential that our Canadian personnel no longer be present," Harper told reporters on the final day of the Asia-Pacific Economic Co-operation summit.

"Do I anticipate specific actions? No, not necessarily, but, as I say, we should all know by now that this is a regime that does not stop at anything. So that's just the reality of the situation."

THE CANADIAN PRESS

Death sentence in Iran

- **Charged.** Toronto's Hamid Ghassemi-Shall, 43, who immigrated to Canada after Iran's 1979 Islamic revolution, faces a death sentence after being charged with espionage when he returned to visit family four years ago.
- **In limbo.** His wife, Antonella Mega, said she had been seeking the Canadian embassy's help to clarify reports her husband's death sentence has been suspended, and is unsure how effective the government's promise to make appeals through its allies will be. "I'm not sure how you instil a dialogue when you just cut off the dialogue," she said.

Leaders from Pacific-rim nations, including Prime Minister Stephen Harper, pose for a group photo on the final day of the APEC summit on Sunday in Vladivostok, Russia. MIKE BLANCHFIELD/THE CANADIAN PRESS

YOU COULD WIN 1 OF 8 H&M $100 GIFT CARDS!
Contest Ends September 13th

Metro Day at H&M Sept 13th!

H&M
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrovancouver
VISIT clubmetro.com TO ENTER

Ruffling feathers. Putin uses flight with cranes to peck at protesters

Russian President Vladimir Putin struck back Sunday at the Russians who ridiculed his effort to lead young Siberian cranes in flight.

Like the youthful protesters on the streets of Moscow, some of the endangered birds refused to follow Putin as he took off in a motorized hang glider.

"It's true that not all flew right away, but the ones that didn't fly were the weak cranes," Putin said.

His barb, which drew a burst of applause, came as he wrapped up the Asia-Pacific Economic Co-operation summit in Vladivostok, Russia, and provided some light relief after days of talks on free trade, food security and other serious issues.

THE ASSOCIATED PRESS

A nest of their own

"There are, of course, birds in the flock who just don't fly, and they prefer to build nests separated from the rest."

President Vladimir Putin, making a reference to the youthful protesters in Moscow.

Russian President Vladimir Putin flies in a motorized hang glider last week alongside two Siberian white cranes, on the Yamal Peninsula in Russia. RIA-NOVOSTI/ALEXEI DRUZHININ/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

Ship dispute

Suspected Iranian ships removed from register

Sierra Leone has removed the registration of 10 ships suspected to be Iranian.

Alhaji Wuroh Jalloh, executive director of the Sierra Leone Maritime Administration told The Associated Press Saturday that ships "hiding" under the Sierra Leonean flag "have recently been removed from the register."

Jalloh said "in compliance with UN sanctions," Sierra Leone wants to ensure that no ships flying the Sierra Leone flag that have a connection to Iran or Syria. He said the action is "in relation to the vessel that was seized in Lebanon recently carrying arms for Syria, and allegedly flying the Sierra Leone flag."

THE ASSOCIATED PRESS

Russian politics

Activist to run for mayor in Moscow suburb

A prominent activist says she has been approved to run for mayor of a Moscow suburb in a vote considered key for the Russian opposition.

THE ASSOCIATED PRESS

Earthquake survivors in China wait for supplies

Mountainous area.
More tremors hinder rescue efforts; by noon Sunday, there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of southwestern China were desperately waiting for more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities. THE ASSOCIATED PRESS

Quake zone

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.
- In 2008, a 7.9-magnitude quake in Sichuan province, just north of Yunnan, left 90,000 dead.

Zhu Yinquan, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS

Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged.
THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president was sentenced Sunday to death by hanging on charges he masterminded death squads against rivals in a terror trial that has fuelled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a months-long case against Vice-President Tariq al-Hashemi, a longtime foe of Shiite Prime Minister Nouri al-Maliki.

Still, taken together, the violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations. THE ASSOCIATED PRESS

ROGERS™ authorized dealer

ABBOTSFORD
Clearbrook Plaza
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
2050 Sumas Way – Unit 303
604-852-5863
BURNABY
Crystal Mall
604-436-3110
Crystal Mall
604-718-2112
Highgate Village
604-521-3338
Lougheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
Brentwood Mall
604-320-0789
CHILLIWACK
Cottonwood Mall
604-858-0017
CLOVERDALE
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
COQUITLAM
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
2131-2850 Shaughnessy Street
604-941-2423
DELTA
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
MISSION
Mission Hill Plaza
604-820-0811
NEW WESTMINSTER
Royal City Mall
604-777-9906
NORTH VANCOUVER
Norgate Plaza
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
Capilano Mall
604-983-9744
RICHMOND
Continental Centre
604-279-8868
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Lansdowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
110-3031 Beckman Place
604-244-0550
SOUTH SURREY
Semiahmoo Mall
604-536-1010
SQUAMISH
38-40437 Tantalus Rd.
604-898-3025
SURREY
Khalsa Business Mall
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
Southpoint Exchange
604-531-2500
Newton Centre
604-599-5522
400, 15355 – 24th Ave.
604-535-8828
VANCOUVER
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
2097 West Broadway
604-733-3999
1295 Davie St.
604-669-7377
1027 – West 15th Ave.
604-731-1699
Pacific Center
604-801-5292
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
18-4314 Main St.
604-932-2021

ROGERS plus

ABBOTSFORD
2050 Sumas Way – Unit 303
604-852-5863
BURNABY
Brentwood Mall
604-320-0789
PORT COQUITLAM
2131-2850 Shaughnessy Street
604-941-2423
NORTH VANCOUVER
Capilano Mall
604-983-9744
PRINCE GEORGE
Central St. E., Unit 836C
205-562-1664
SURREY
400, 15355 – 24th Ave.
604-535-8828
VANCOUVER
2097 West Broadway
604-733-3999
1295 Davie St.
604-669-7377
1027 – West 15th Ave.
604-731-1699
Pacific Centre
604-801-5292

The place to go... to go superfast.

STUDENTS SAVE
UP TO **$120**
OVER 12 MONTHS WITH SELECT PLANS[1]

BONUS
UNLIMITED WIRELESS INTERNET
FOR 3 MONTHS

Samsung Galaxy S III™ (16 GB)
with **FLEXtab™**
$99.99* with select 3-yr. FLEXtab agreements

LTE beyond 4G

THE **LTE** SAMSUNG GALAXY S III™

Hurry into a Rogers store for a huge selection of LTE superphones & experience the fastest wireless network technology on the planet.[2]

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ADDICTED TO LIFE NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST CONNECT FREEDOM EXCITING FRIENDS
CHAT ACCESS FREEDOM EXCITING FAST ACCESS

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · COSTCO WHOLESALE · booth wireless · FUTURE SHOP · BEST BUY · Walmart · THE MOBILE SHOP · LONDON DRUGS

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. $48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply. **1** Available to new Rogers wireless student customers (valid student ID required) who activate a single-line plan between Aug. 9/12 and Nov. 6/12. Eligible students must register online at www.rogerspromotions.com/students prior to Dec. 6/12 for monthly $10 credit. Credit will be applied so long as eligible plan is maintained. **2** Within Rogers LTE coverage area. LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors.
© 2012 Rogers Communications.

Prince Harry gives a thumbs-up Friday after he walked past the Apache flightline at Camp Bastion in Afghanistan, where he will be operating from during his tour of duty as a co-pilot gunner. JOHN STILLWELL, POOL/THE ASSOCIATED PRESS

Prince to give 'copter missions a whirl

Second tour of duty. British royal returns to Afghanistan to fly attack helicopters in fight against Taliban

Prince Harry is finishing his first phase of initial training at Camp Bastion in Afghanistan.

The 27-year-old army captain arrived in Afghanistan for his second tour there on Friday but will not start flying Apache helicopter missions for at least seven more days.

On Sunday, the third-in-line to the British throne was expected to complete his two-day course in first aid, shooting, and roadside-bomb awareness.

He then is to start Apache-specific preparation Monday, where he will begin to familiarize himself with the helicopter's configurations for Afghanistan.

The prince's previous posting as a battlefield air-traffic controller in Afghanistan in late 2007 and early 2008 lasted only 10 weeks. It was cut short amid fears for his safety after his deployment was made public.

THE ASSOCIATED PRESS

One less corgi in the palace. Queen's dog dies

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics opening ceremony, has died.

Monty and two other of the queen's beloved corgis appeared in a James Bond sketch during the opening ceremony, greeting Daniel Craig's James Bond as he arrived at the palace to accept a mission from the monarch.

The palace on Sunday confirmed that Monty — who was previously owned by the Queen Mother — had died. It did not provide details on when or how Monty died, or the age of the dog, but added that another of the queen's pets, dachshund-corgi crossbreed Cider, also had died.

With the death of Monty, Queen Elizabeth II now has two corgis in the palace — Willow and Holly — both of whom also appeared in the Olympics sketch. THE ASSOCIATED PRESS

Not so Nobel

Chinese prize peace their way

Former UN secretary general Kofi Annan, Thailand's prime minister and Microsoft founder Bill Gates are among those nominated for a Chinese alternative "peace prize."

Organizers of the Confucius Peace Prize announced the nominees Sunday for the accolade that last year went to Russia's Vladimir Putin.

The China International Peace Research Center launched the prize in 2010 in an apparent attempt to counter that year's Nobel Peace Prize which went to jailed Chinese dissident writer Liu Xiaobo. He is serving an 11-year prison sentence for co-authoring an appeal for political reform.

Liu's win enraged the government and Chinese nationalists, who accused the Nobel committee of interfering in China's legal system as part of a plot to bring the nation down in disgrace.

THE ASSOCIATED PRESS

What a dolphin

This Flipper won't hear of moving

A deaf dolphin found stranded in March off the Louisiana coast is being taken to live at a facility in Mississippi. Suzanne Smith, rescue co-ordinator at the Audubon Nature Institute, says he would be unable to survive in the wild. Deafness is probably the reason he was found sunburned and stranded on a mudflat.

THE ASSOCIATED PRESS

A two-year-old deaf dolphin is fed in New Orleans last week. AUDUBON NATURE INSTITUTE/THE ASSOCIATED PRESS

Feds turned down bid to revive Avro Arrow

Jet. Project would create made-in-Canada plane and industry that would add billions of dollars to Canadian economy, proposal claimed

A Canadian company is seeking to go back in time to help fly Canada's air force into the future.

Documents obtained by the Global News program The West Block indicate an update to the storied CF-105 Avro Arrow was put forward as an alternative to the purchase of F-35 stealth fighter jets.

And among the project's champions is one of Canada's top soldiers, retired Maj.-Gen. Lewis MacKenzie.

The Arrow was an advanced, all-weather supersonic interceptor jet developed in the 1950s but the project was scrapped before a single plane could be built.

MacKenzie told the The West Block that the Arrow's design and platform still exceed any current fighter jet and it is perfect for Canada's needs.

The plan to build an updated Arrow in Canada instead of buying into an international deal for a fleet of F-35s was originally put before the Harper Conservatives in 2010 by a company called Bourdeau Industries, which has offices in the U.K. and Canada.

The proposal, which was updated in 2012, suggested the plane could fly 20,000 feet higher than the F-35, soar twice as fast and would cost less.

But in June, the government rejected the plan, saying too much money and time was required to execute it and the plane didn't meet the technical specifications required.

"Unfortunately, what is proposed is not a viable option for Canada's next-generation fighter," said a letter from Julian Fantino, who was then Canada's associate minister for national defence. THE CANADIAN PRESS

Quoted

"What we need in Canada is something that can go to the edge of our airspace, from a sovereignty point of view, and be able to catch up with intruders."
Retired Maj.-Gen. Lewis MacKenzie

Avro vs. F-35

- The updated Avro Arrow proposal said that the total cost of the program would be $11.73 billion, compared to the $16 billion the federal government says the F-35 program will cost.
- That F-35 figure has been disputed by the auditor general and parliamentary budget officer, who peg the true cost of the new stealth fighters at closer to $25 billion.

Families grieve for fallen firefighters

Ron Walter and his daughter, Rachel, are pictured with a ceremonial firefighter's helmet in honour of his son, Ray — who lost his life while on duty for the North Perth, Ont., fire department — during a ceremony for fallen firefighters in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Arctic. Human remains may be from Franklin Expedition

Archeologists involved in the hunt for the wreckage of the Franklin Expedition in Canada's Arctic have discovered human remains they believe are from a member of the doomed crew.

Despite bad weather that has hampered some of their plans, the journey has been a productive one so far, says the chief of underwater archaeology for Parks Canada, and it should get even better with the addition of an automated underwater vehicle from the University of Victoria.

"Work is going well ... (but) we haven't found the ships yet," Marc-Andre Bernier said in a telephone interview after leaving the Canadian Coast Guard icebreaker Sir Wilfrid Laurier last week.

What they have found in a search on land are more artifacts from the ill-fated expedition. At Erebus Bay, where at least a dozen members of the Franklin crew are known to have died, more human remains have been recovered.

"They did find a human tooth, and some bone and a toothbrush," Bernier said. "These were really exciting finds."

There have been many efforts to find the lost ships, to no avail. THE CANADIAN PRESS

Libya. Wear, tear on jets were feared during mission: Docs

There was a fair amount of fretting within air-force ranks about the impact last year's bombing campaign in Libya was having on Canada's aging fleet of CF-18 fighter jets and the country's ability to keep pilots in the cockpits, newly released documents reveal.

The multi-role fighters were called upon to enforce a UN-sanctioned no-fly zone, which led to the ouster of dictator Moammar Gadhafi.

Soon after arriving in March 2011 at their forward base in Trepani, Italy, the Canadian contingent found they were flying six missions per day — far more than air-force planners expected. They eventually flew 10 per cent of all NATO strike missions.

Two months into the protracted campaign, there was an intense internal debate about increasing the number of aircraft from seven to nine, prompting military planners to raise a caution flag about wear and tear on the fleet.

"There is concern amongst various staffs that the effect of such an increase on sustainable sortie generation rates may not be well understood by all concerned," said a May 2011 briefing to the country's top military commander. THE CANADIAN PRESS

Summer's Here.
How's your Beach body?
NEED TO LOSE 1" TO 3" FAST?
- Discover non-invasive Lipolaser & Eurowave. (Electro Muscle Stimulation)
- **Lipo Laser safely melts away FAT and CELLULITE from your waistline, legs, buttocks & love handles.**
- One 18 minute Eurowave Core session is equivalent to 200 - 500 perfectly formed sit ups.
- **Eurowave can also help Build, Tighten, and Tone and major muscle group.**

Special Introductory Session Only $125
Vancouver Lipo Laser
A Muscle Toning Clinic
3335 West 4th Ave., in Kits | 604 904 0888 | www.vancouverlipolaser.com

The Bloodmobile in your neighbourhood:
LONDON DRUGS PARK ROYAL
SEPTEMBER 10 & 11, 2012
875 PARK ROYAL MALL, WEST VANCOUVER
10:00 AM - 4:15 PM
U.B.C, ABDUL LADHA SCIENCE CENTRE
SEPTEMBER 13 & 14, 2012
2055 EAST MALL, VANCOUVER
10:00 AM - 4:15 PM
1 888 2 DONATE (1-888-236-6283)
RBC Foundation | Canadian Blood Services | metro

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

Car bomb kills 17, wounds 40

Syria. Concern grows that civil war is providing new forum for foreign jihadists

A car bomb ripped through Syria's largest city of Aleppo on Sunday, killing at least 17 people and wounding 40 in one of the main battlegrounds of the country's civil war, state-run media said.

No group immediately claimed responsibility for the attack. SANA blamed terrorists, the term the regime uses for rebels.

Al-Qaida-style bombings have become increasingly common in Syria, and Western officials say there is little doubt that Islamist extremists, some associated with the terror network, have made inroads in the country as instability has spread. But the main fighting force looking to oust president Bashar Assad is the Free Syrian Army, a group made up largely of defected Syrian soldiers.

Fighting also raged elsewhere in Syria, with at least 58 people reported killed and scores wounded, according to the Syrian Observatory for Human Rights. That figure excluded the car bomb but included eight killed in an air raid earlier in Aleppo that flattened a residential building. The Free Syrian Army said the strikes came hours after rebels overran army barracks in the Hananu neighbourhood. THE ASSOCIATED PRESS

The fight for Aleppo

- Aleppo's fall would give the opposition a major strategic victory with a stronghold in the north, near the Turkish border.
- A rebel defeat, at the very least, would buy Assad more time.

Free Syrian Army soldiers go to the front line in Izaa district in Aleppo, Syria, on Sunday. The group is made up largely of defected Syrian soldiers. MANU BRABO/THE ASSOICATED PRESS

Inaccurate texts

Al-Jazeera says hackers sent false news alerts

Al-Jazeera says hackers have targeted the Qatar-based TV satellite channel for the second time in a week, sending out false news reports on its mobile phone alert service.

A pro-Damascus group known as the Syrian Electronic Army quickly claimed responsibility for the Sunday hack on Twitter. Qatar is a harsh critic of the Syrian regime and a leading backer of the rebels.

The inaccurate texts sent included a claim that the Qatari prime minister had escaped an assassination attempt. A spokesman says an investigation is ongoing.

Hackers posted a pro-Syrian statement on Al-Jazeera's website last week. THE ASSOCIATED PRESS

No honeymoon

Syrian couple weds in Jordan refugee camp

Snakes, scorpions and swirling dust didn't deter a Syrian couple from getting married at Jordan's tent city for refugees.

A carpenter, Hodasa al-Hariri, 23, married his 20-year-old cousin, Hanan al-Hariri, in a simple ceremony on Sunday at the Zaatari camp.

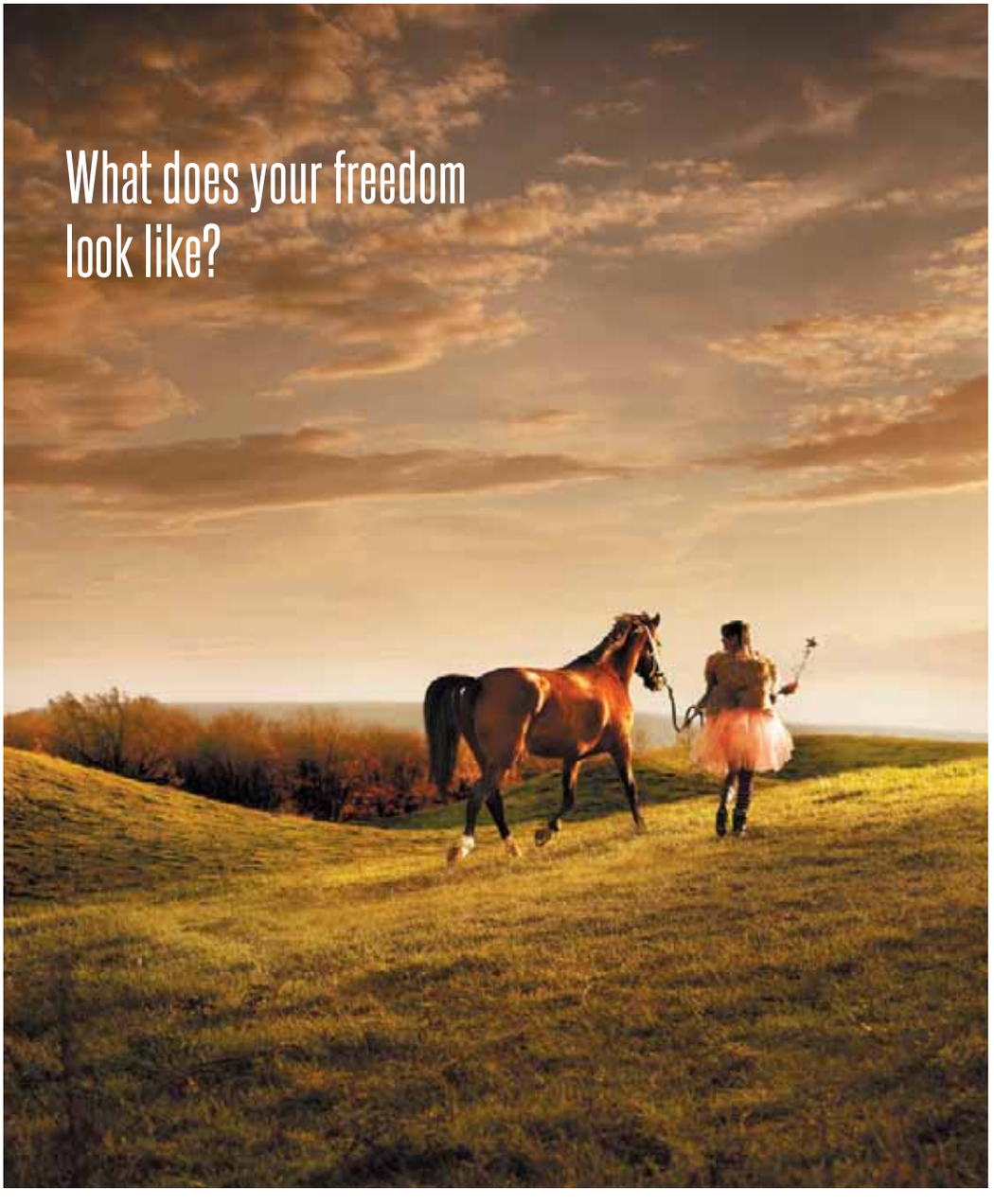
The bride was dressed in a bright pink dress and white headscarf.

The groom said the couple decided to wed in the camp because the crisis in Syria was dragging on and they "expect to be in the camp for a long time."

The couple won't be going away for a honeymoon. The 27,000 refugees are not allowed to leave the camp. THE ASSOCIATED PRESS

Call to release prisoners

A Jordanian Salafist holds a Qur'an during a demonstration calling for the release of prisoners outside the prime minister's office in Amman on Sunday. A Jordanian militant leader linked to al-Qaida warned Sunday that his extremist group will launch "deadly attacks" in neighbouring Syria to topple President Bashar Assad, as Damascus lashed out at France for backing Syrian rebels. RAAD ADAYLEH/THE ASSOCIATED PRESS



Obama forces Romney's hand on health care

Focus shift. Republican candidate adopts two popular provisions in president's overhaul of health system

Mitt Romney, U.S. presidential candidate. RICHMOND TIMES-DISPATCH, DEAN HOFFMEYER/THE ASSOCIATED PRESS

Republican challenger Mitt Romney disclosed on Sunday that he would keep several important parts of Barack Obama's overhaul of the American health-care system, altering earlier vows for a blanket repeal of the president's most significant legislative achievement.

Health care was much on the minds of both candidates over the weekend as polls show an upswing in support for Obama following the Democratic National Convention.

Obama was drawing new attention to Romney's plans to alter Medicare, the government health insurance system for the elderly, hitting the issue hard in Florida, a swing state with a vast population of retired Americans.

Realizing his potential vulnerability on health-care issues, Romney spelled out more details for the first time on what he foresees as his vision. "Our plan … deals with pre-existing conditions and with young people," Romney said, adopting two of the most popular provisions in the hard-fought Obama overhaul that bans insurance companies from refusing to cover people with pre-existing medical conditions and allows young people to remain covered under their parents' plan until age 26.

Obama aides believe they successfully forced Romney to temporarily drop his emphasis on the sluggish economy by raising the Medicare issue. Republican analysts admit it did take Romney off his economic focus, which they say is essential for him to win the election.

THE ASSOCIATED PRESS

Kites dot the sky at Festival of the Winds

Kites fly in the sky during the annual Festival of the Winds on Bondi Beach on Sunday in Sydney. The annual event hosted by Waverley Council is Australia's largest kite-flying festival.

MARK METCALFE/GETTY IMAGES

Storm heads for Newfoundland

The likelihood of tropical storm Leslie's centre making landfall in Newfoundland this week is high and its effects will be far-reaching, the Canadian Hurricane Centre said Sunday.

Chris Fogarty, manager of the centre in Halifax, said it's difficult to predict where in Newfoundland the storm will land because its circulation is about 800 kilometres in diameter.

Fogarty said winds could gust up to 100 km/h in Newfoundland and Cape Breton when it hits on Tuesday.

He said a front that was stalled over New Brunswick and western Nova Scotia on Sunday will merge with some of Leslie's moisture and clouds when it arrives, significantly increasing the threat of heavy rainfall.

THE CANADIAN PRESS

Go digital for a chance to win.

Secure and simple epost™ service from Canada Post is the convenient way to keep track of all of your bills, statements, and essential documents. And best of all, it's free. Receive bills and statements for just about all your regular expenses, such as cable, phone, utilities, credit cards, and property taxes. View your digital mail with a single login. Plus, your documents are stored privately and securely for up to seven years. Sign up today at epost.ca or through your financial institution.

You could win $1,000 in our monthly draw just by registering your bills with epost.ca

Register two bills with epost and you will be automatically entered for a chance to win $1,000 in our ongoing monthly contest. And, each additional bill you register gives you an extra contest entry.*

epost™

One place. One login. One password.

Sign up today at epost.ca

Manage bills like these and many more.

Bell TELUS HUDSON'S BAY CO. BCHydro FOR GENERATIONS BC Assessment CITY OF VANCOUVER Vancity

CANADA POSTES POST CANADA

* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD $1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. ™ Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

A bear hug for Barack

U.S. President Barack Obama is picked up and lifted off the ground by Scott Van Duzer, owner of Big Apple Pizza and Pasta Italian Restaurant, during an unannounced stop Sunday in Ft. Pierce, Fla.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Kosovo conflict. Witness gives detailed account of harvesting captives' organs

A Serbian prosecutor said Sunday that a witness has come forward and testified "in detail" about how ethnic Albanian rebels allegedly harvested organs for trafficking from Serbs taken captive during a war in Kosovo, claims Albania and Kosovo have previously denied.

"We have a witness who testified about a medical procedure, done in northern Albania, that consisted of harvesting organs from Serbs kidnapped during the 1998-1999 conflict in Kosovo," said Serbia's war-crimes prosecutor Vladimir Vukcevic.

The alleged witness — a former Kosovo Albanian rebel whom Vukcevic did not identify by name — claims to have participated in a surgery involving harvesting a heart from a Serb captive in northern Albania and transporting it to the airport near Tirana, Albania's capital, Vukcevic told The Associated Press.

"We estimate that the information this witness has given is true," Vukcevic said, adding that Serbian prosecutors have been checking the witness' claims for more than a year.

The European Union has launched an investigation into claims of organ harvesting, but it was not immediately clear whether the EU investigation team, led by American prosecutor John Clint Williamson, was familiar with the alleged testimony. Vukcevic said he expected "that the witness' testimony will help prosecutor Williamson's probe."

THE ASSOCIATED PRESS

1998-99 war

- About 10,000 people died in Kosovo's 1998-99 war for independence before NATO intervened to force Serbia to end its brutal crackdown against Kosovo separatists and pull its troops out of the territory.
- Serbia has vowed never to recognize the independence of its former province, which many Serbians consider their nation's heartland.

Estonia

Mock weight-loss ad depicts inmates of Nazi camp

Jewish organizations have denounced an Estonian newspaper for publishing a mock ad for weight-loss pills depicting emaciated prisoners at a Nazi concentration camp.

Sulev Vedler, deputy editor of Eesti Ekspress, says the mock ad, which ran in the paper's humour section, was poking fun at an Estonian gas company that recently used an image of Auschwitz to promote its services.

THE ASSOCIATED PRESS

Myanmar

Independence fighter invited back from exile

One of Myanmar's legendary Thirty Comrades, who spearheaded the struggle against British colonialism, has been invited back from exile by President Thein Sein. Kyaw Zaw, 92, fled to China in 1989.

THE ASSOCIATED PRESS

comwave
Home Phone
Home Phone
6 Months
FREE
Keep your existing phone number or choose one of ours
All Features FREE Free Voicemail, Caller ID & more
Crystal Clear Quality Try Comwave absolutely FREE You'll love it!
Choose the plan that suits you best and try it out for free!
Unlimited Global
Unlimited long distance to almost 60 countries plus all features FREE
$29.95 /month
Unlimited Canada
All the features FREE plus unlimited Canada wide long distance
$19.95 /month
Unlimited Local
Unlimited local calls plus over 14 FREE features
$14.95 /month
Download our Comwave Mobile App
3 Days Free Trial
1-866-543-5122
www.comwave.net

Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2 to 4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. THE ASSOCIATED PRESS

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. THE ASSOCIATED PRESS

CRTC eyes market shift with Bell's purchase of Astral

Public hearing. Competitors argue $3.4-billion deal will give telecom giant too much of English-language TV market

Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

A public hearing into Bell's $3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience. THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for $1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada. THE CANADIAN PRESS

The many faces of payroll professionals who
KEEP CANADA PAID

Canada's 1.5 million employers count on payroll professionals to annually pay $830 billion in wages and taxable benefits, $260 billion in statutory remittances, and $90 billion in health and retirement benefits *while* complying with more than 190 federal and provincial regulatory requirements.

THE CANADIAN PAYROLL ASSOCIATION CPA ACP L'ASSOCIATION CANADIENNE DE LA PAIE

For more information, visit www.payroll.ca.

National Payroll Week – September 10 to 14, 2012

Platinum Sponsors: ADP, CERIDIAN

Gold Sponsors: DLGL, PAYweb.ca, workday.

Silver Sponsors: Accountemps A Robert Half Company, Robert Half Finance & Accounting, Desjardins Payroll and Human Resources Services

Bronze Sponsors: Commission des normes du travail Québec

DON'T SUPPORT A $3 TOLL? GO JUMP OFF A BRIDGE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Don't look now, but there's a giant election issue being built across the Fraser River.

It's also known as the Port Mann Bridge, at 10 lanes the widest span across a body of water in North America.

When it opens, sometime in December, everyone who now has to commute four to five hours a day will rejoice.

Especially if someone else has to pay for it.

So far the plan is to charge three bucks a trip, although the government has been remarkably cagey about the details. And now that the cabinet shuffle has installed other-side-of-the-bridge resident Mary Polak as transportation minister, hope is rising in the hearts of commuters that the planned toll will never see the light of day.

Polak herself dropped a big hint Friday that something is up, promising an announcement on tolling framework, so who knows?

As someone who has to commute daily across the narrowest span across a body of water in North America, "the iconic" Lion's Gate Bridge (iconic means "old," by the way), I would like to go on record as being feverishly in favour of tolls, especially for the privilege of being able to enjoy more than a single lane at a time. And that's if you're lucky. Virtually every day, some texting yo-yo plows into the back end of a line of traffic inexplicably stopped in the middle of the span, constipating the iconic old dear for hours.

It's not the only reason your North Van house isn't worth as much as its Kitsilano counterpart, but it's a big reason. If I knew I could spend three bucks a day to actually get across the stupid bridge, my question to you would be: "Got change for a five?"

Seriously, the price tag on the Port Mann Bridge is $3.3 billion. The government is running a deficit, so the idea of funding the bridge entirely out of general revenues is not logical, captain. Here's hoping that the Clark government, which is desperate to reverse the trend toward inevitable defeat in May, is not about to buy votes south of the Fraser with the tax dollars of those of us north of Burrard Inlet, if you get my geography.

As it is, there is not enough money for the planned rapid bus across the bridge, so any further compromise on revenue will have an impact on its ultimate utility. With any luck, Polak will resist the urge to play (more) politics with the bridge, but asking a politician not to play politics is like asking the fox to hand over the hen and come peacefully.

It goes against their nature.

Sun cracks its whip on Earth

NASA/GSFC/SDO

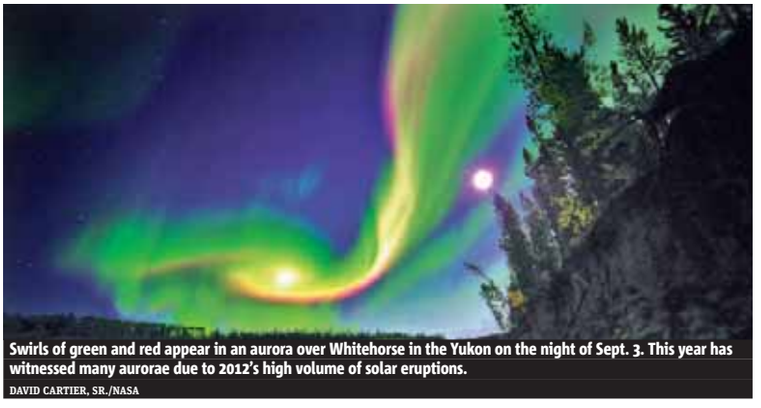
Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas composed of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

They're growing!

What do human ears, bones, muscles and skin have in common?

Scientists are growing ears, bone and skin in the lab, and doctors are planning more face transplants and other extreme plastic surgeries. Around the U.S., the most advanced medical tools that exist are now being deployed to help America's newest veterans and wounded troops.

• In Los Angeles, surgeons used part of Michael Mills' forehead to rebuild his nose after a bomb disfigured him in Iraq.

• In Pittsburgh, doctors used an experimental therapy from pig tissue to help regrow part of a thigh muscle that Ron Strang lost in a blast in Afghanistan.

• In Boston, scientists are making plans for the first implants of lab-grown ears for wounded troops after successful experiments in sheep and rats.

• In San Antonio and other cities, doctors are testing sprayed-on skin cells and lab-made sheets of skin to heal burns and other wounds. The ingenuity is impressive: One product was developed from foreskin left over from circumcisions.

Much of this comes from taxpayer-funded research. Four years ago, the U.S. government created AFIRM, the Armed Forces Institute of Regenerative Medicine, a network of top hospitals and universities, and gave $300 million in grants to spur new treatments using cell science and advanced plastic surgery. THE ASSOCIATED PRESS

Last name the link in genealogy display

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

What's in a name? We've all Googled our own name, but this takes genealogy to a new level.

Vanessa Kwan, a Vancouver artist curious about the identity and origins of other Kwans in the phone book, launched a participatory art project in 2003 to find out a bit more about her namesakes.

She sent postcards to 300 Kwans listed in the Vancouver directory to generate a connection with her "extended family."

With each postcard Kwan included a letter explaining her project, and asking a question: "Is there a place you would like to go but have never been?"

Kwan got responses from 51 recipients, and has creatively compiled their postcards to construct a display that will be exhibited at the Centre A from Sept. 15 to Nov. 10.

Now that's making a real connection!

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson
• **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca
• **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE 2

The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News

The Ricki Lake Show, Global

Bio
Ricki Lake became a star as Tracy Turnblad in John Waters' 1988 classic Hairspray. She's a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, The Business of Being Born, and marked her pop culture return with a stint on Dancing with the Stars in 2011.

Personality
Lake is your sympathetic girlfriend who's been there, done that, and always has her own funny anecdote to share. "I have been rich. I have been poor. I have been fat. I have been thin," Lake admits. "I've had this life experience, and I'm an open book. I'm willing to share my hardships and my triumphs." Her mission for her return to talk is "that this really can be a smart show that people can learn from each other."

What to expect
Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. "Today, times are really tough. We're all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it," Lake says. "So I think doing a show now that's a little less fluff, a little more substance — that's something I would be looking for as a viewer."

Secret weapon
Don't underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a "Go Ricki" chant — a hallmark of the host's first show — during taping of the new show's second episode.

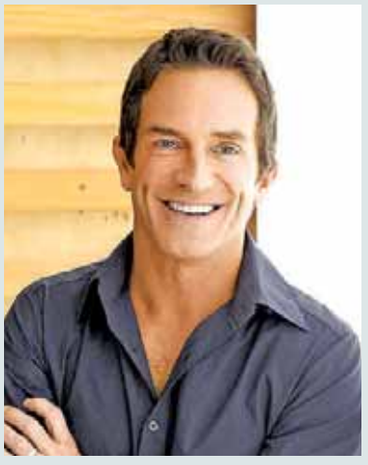
Katie, Citytv

Bio
For 15 years, Katie Couric helped America wake up as co-anchor of the Today show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS Evening News with Katie Couric from 2006 to 2011.

Personality
Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is "smart with heart."

What to expect
Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of Today. "I'm going to be able to flex all my muscles (on Katie)," Couric says, referring to her 33 years on both ends of the television news spectrum. "I've done … some lighthearted stories, some fun stories, some celebrity-driven stories. And then I've done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I'm interviewing or the topic that I'm dealing with on any given day."

Secret weapon
Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she'll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.



The Jeff Probst Show, Global

Bio
Jeff Probst is the Emmy-Award-winning host of Survivor; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted Rock & Roll Jeopardy! and was a correspondent for Access Hollywood.

Personality
Your over-sharing big brother who is also your biggest cheerleader. "I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much," Probst admits. "But in daytime, when you are asking people to share their life on the kind of level that I'm going to go to, you have to be willing to share yours." Probst's wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day's conversation.

What to expect
"If you're looking for Jerry or Maury, this is not your show," Probst says. "I'm not interested in people fighting onstage." You can forget about seeing celebrities promoting their latest movie, too, unless they are able to add to Probst's message of positivity and embracing new experiences. "The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships," he says. "At the end, this really is what defines our life, those adventures. And that's the idea behind the show, and we will talk about that all the time."

Secret weapon
Only The Jeff Probst Show boasts a party room complete with massage chairs, makeover stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place "where you feel comfortable enough to kick off your shoes." The party room serves two purposes, he explains: "One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There's this great party room, and then there's this really fun show."

On the web

Scan this code or visit metronews.ca/scene to get all the details from Sunday night's Canadian Country Music Association awards.

After 40 years, KISS still a Monster of rock and ready to roar again

On the road. After the release of their 20th studio album, Gene Simmons and Co. may be getting older, but not any tamer

CHRIS ALEXANDER
scene@metronews.ca

For almost four decades the iconic circus collectively known as KISS have been thrilling the masses, with their trend-defining, still wildly absurd amalgam of muscular, no-nonsense rock music and dark fantasy theatrics.

Now, after an up and down history that saw their legacy rise, fall and rise once more, KISS are not only deeply ingrained in the collective pop culture fabric, but they are also on top of their creative game.

Their latest album — the 20th studio album in fact — is appropriately called Monster. While not due in stores until mid-October (from Universal) the band has hit the road this summer, demolishing stages across the U.S. and Canada with fellow freak-rockers Mötley Crüe.

"The Tour," as its boldly calling itself, condenses both bands' performances into two 90 minute sets, but, as co-founder and media gadfly Gene Simmons insists, KISS won't be skimping on any of its patented blood, bombs and pyro.

"KISS has a philosophy few other bands have," Simmons told Metro.

"And that's to give the fans bang for the buck. Not just our show. But making sure anyone on the bill with us is worthy of being on hallowed ground — the Electric Church ... the KISS stage. For us, the power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."

Raison d'être

"The power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."
Gene Simmons, KISS lead singer

What KISS is also about is transcending the fate of many of its "classic rock" ilk who are content to tour the hits and pander to the generation that first found them. Instead, a typical KISS audience contains a cross section of fans of every age, with KISS Army lifers sharing space with kids, their faces painted to honour their larger-than-life heroes.

"The KISS Army is a living, breathing thing," says Simmons, 62 and still swinging from wires and vomiting gore.

"You can't put your finger on it. Through the decades, the fans have always showed up wearing our makeup, some of them tattooed with our faces all over their bodies. And now, with children in tow, who are named after our songs.

"And when we do the KISS Kruise in Halloween in the Bahamas, it's a gathering of the tribes."

Yes, you heard that right. A real deal KISS Kruise is one of thousands of branded events and products that bear the band's seal of grandiose approval.

Combine that international omnipresence with sold-out stadiums across two countries and a hotly anticipated new album, and Simmons has every right to brag.

"We have every intention of making Monster a No. 1 album," Simmons states confidently.

"If you're a world champion, and if you have the heart of a lion, you will stay in the ring. If not, pack up and go home."

KISS has hit the road again this summer to promote their new album, Monster. ASH NEWELL/FOR METRO

Release date

KISS's 20th studio album, Monster, is set to be released on October 9. For tour information go to kissonline.com.

Caspian sails into uncharted waters, and stays afloat

Post-post-rock. Band talks evolution and fans' expectations of upcoming album

JONATHAN D. FITZGERALD
scene@metronews.ca

How do you describe a band whose music outgrows their prescribed genre? For the Massachusetts-based post-rock quintet Caspian, the release of their third full-length album later this month may make the need for a new descriptor necessary.

"When I think of post-rock, I immediately think of 2003-2005," said Calvin Joss, a guitarist and founding member of Caspian.

"I think of long, drawn-out, guitar-oriented songs that are thematic and big. Bands like Mono, God Speed You Black Emperor, and Explosions in the Sky."

Caspian certainly began as a post-rock band, but over time their sound has evolved. Their latest album, Waking Season, which drops on Sept. 25, features a number of elements not typically associated with the genre. One song even includes vocals (a first for the band). Others incorporate samples and electronic sounds.

"We never felt a duty to be post-rock," says Phil Jamieson, who also plays guitar and serves as the unofficial spokesman for the band. "We just view ourselves as our own separate entity — as Caspian, not as post-rock."

Caspian's larger-than-life yet beautifully melodic sound has the ability to transport listeners. Even a commute to work accompanied by a Caspian record can feel like you're living inside a scene from an epic film. This effect has earned Caspian's music a spot on an HBO boxing special and in a number of television shows including CSI:Miami and MTV's Teen Mom. They have yet to actually score a film, but the possibility remains one of the band's goals.

Waking Season is a natural next step in the band's evolution, and a definitive move away from that label of post-rock.

"There's more on this record that draws from each of our individual influences — the music we actually listen to," explains Joss. "The depth and texture, and the use of a lot of different instruments, breaks out of the mould of what people consider post-rock."

While their sound has evolved, Caspian don't worry about alienating fans.

According to Jamieson, they "never underestimate the ability of our audience to grow with us."

Caspian is currently touring in the U.S. and Canada. EVAN TEREAULT

Background

Creation story

Caspian formed in 2003, out of the remnants of a few other bands on Massachusetts' North Shore.

They played their first shows to friends and fans in the pubs of Beverly, about 25 miles north of Boston, where most of the group's original members were living at the time.

The band recorded a demo in a friend's Gloucester house in 2004 and had their first break opening for Japanese post-rockers Mono at T.T. the Bear's Place in Cambridge, Mass. later that year.

They released their debut EP, You are the Conductor, in 2005, and immediately hit the road, touring nearly nonstop and returning home only to write and record new material.

TIME FOR AN ALTERATION!
Lindsey, Before
SCAN TO LEARN MORE ABOUT OUR SUCCESS STORIES
" With my trainer's encouragement, support and knowledge I had the tools to reach my goals "
LINDSEY, LOST 60 LBS
PERSONAL TRAINER: GRAEME, NORTH SHORE
Tired of your clothing and what's underneath? It's time for a lifestyle adjustment to get on track to getting the body you've always wanted! Visit any of our 17 locations and get started today with our weight loss programs.
BECOME OUR NEXT SUCCESS STORY with memberships as low as
$19 per month
Plus 2 for 1 enrollment fee
STEVE NASH FITNESS WORLD & SPORTS CLUB
VISIT US ONLINE SNCLUBS.COM
CALL US 604-495-NASH

EXCLUSIVE APPEARANCE AND AUTOGRAPH SESSION
HENRIK SEDIN
VANCOUVER CANUCKS CENTRE

PLAY THE GAME BEFORE ANYONE ELSE EXCLUSIVELY ON THE PLAYSTATION® 3!

NHL® 13 AVAILABLE FOR PURCHASE AT MIDNIGHT!

JOIN US AT OUR METROPOLIS AT METROTOWN LOCATION FOR YOUR CHANCE TO WIN GREAT PRIZES AND GIVEAWAYS!

FOR MORE INFORMATION VISIT US AT WWW.EBGAMES.CA

9:00PM - 1AM - MONDAY SEPTEMBER 10TH

4700 KINGSWAY, BURNABY

PS3 EBGAMES WWW.EBGAMES.CA

ALSO AVAILABLE AT MIDNIGHT. ONE DAY ONLY!

SAVE $10 ONLY $59.99
PS3® Amplified Stereo Gaming Headset
REG: $69.99

SAVE $10 ONLY $59.99
Gaming Headset + Amplified Stereo Sound
REG: $69.99

This is a one day promotion price drop. Offer only valid on Tuesday 11th September 2012.

SAVE $10
SEPTEMBER 11th
ONLY $49.99
REG: $59.99

This is a one day promotion price drop. Offer only valid on Tuesday 11th September 2012.

EBGAMES WWW.EBGAMES.CA

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

YOU COULD WIN
A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF DREDD 3D
JUDGMENT IS COMING
DREDD 3D
VISIT clubmetro.com TO ENTER
ALLIANCE FILMS
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrovancouver

The Word

Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling piles of almost-warm takeout.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time. Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

Katy Perry.

Katy Perry spotted with John Mayer

It appears reports of the demise of Katy Perry and John Mayer's relationship were premature, as the pair were spotted at the MTV Video Music Awards after-party looking much still together, according to Hollyscoop.

"(John and Katy) were holding hands walking around the VIP area looking like a legit couple. They weren't even hiding it," the source says.

They soon left the party, though, in favour of a more intimate dinner at a restaurant in West Hollywood.

Twitter

@joelmchale
Sad news: the phrase "hot mess" is six months past it's expiration date. Also "I just threw up in my mouth a little" is over(2 years).

@lindsaylohan
just sending love, prayers and strength to #PrinceHarry

@katyperry
Today I am promised happiness. Let's do this!

@AlbertBrooks
"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca

- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar. **KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA**

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

ELI3

On the Web

Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Times Telecom & Bell Mobility Present…

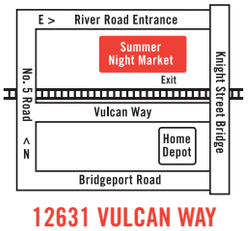
The 2012 Times Telecom & Bell Mobility

SUMMER NIGHT MARKET IN RICHMOND

Voted one of the TOP NIGHT MARKETS IN THE WORLD!

Only 2 weekends to go before the Summer Night Market season finale! Join Mayor Brodie, Senator Martin and many VIP's on Sep 15th for Appreciation Night! Then, come back on Sep 16th, on the final day for the Closing Ceremonies! Korean Airlines ticket, Pepsi Bike, BBQ Stove and all remaining prizes must be given by the final weekend! Korean performers, martial arts, hip hop dancing and much more for this huge celebration. Huge vendor discounts as all remaining stock must be sold.
Remember to mark the final weekend on your calendar!
For more information check out Summer Night Market dot com.

FREE ADMISSION!



12631 VULCAN WAY

Check out SummerNightMarket.com or call 604.278.8000 for Vendor and Sponsorship information.

Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally

ROSE REISMAN
for more, visit
rosereisman.com

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for 8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese

Nutritional analysis

Per serving

- 354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre; 12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.

Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.

Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat

GREAT CANADIAN
Shoreline Cleanup™
PRESENTED BY Loblaw
September 15-23, 2012
Canada's shorelines need your help!
Find a cleanup site near you.
Visit ShorelineCleanup.ca
A CONSERVATION INITIATIVE OF
vancouver aquarium
WWF
NATIONAL SUPPORTER
RBC
RBC Blue Water Project
PROVINCIAL SPONSOR
YVR VANCOUVER AIRPORT AUTHORITY
CONSERVATION SUPPORTERS
Ocean Conservancy
CAZA AZAC
BRITISH COLUMBIA
BC Parks
We also acknowledge the financial assistance provided by the Province of British Columbia.
© 1986 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund). ® "WWF" is a WWF Registered Trademark.

Weirdest baby births

MICHELLE CASTILLO
Metro World News

Welcome baby EK to the world! The name might seem strange, but the circumstances of his birth are weirder.

According to Persian Gulf newspaper XPRESS, the baby was named after the flight code for Emirates airline after he was born en route on one of the company's flights from Dubai to Manila. His mother, was only 27 weeks pregnant. She reportedly felt some extreme pain and headed to the airplane bathroom. The next thing she knew, her baby boy was inside the toilet.

Thanks to four flight attendants and two nurses, the baby survived. The plane diverted to Vietnam, and the two were rushed to a local Ho Chi Minh hospital.

That's not the most surprising birth on record. Check out these other babies who couldn't wait to be born.

• Sonia Marina Nascimento may have entered the post office in Cambridgeshire, England looking to buy some minutes for her cell phone, but left with a package that weighed 5 lbs. 15 oz., according to the BBC. Nascimento went into labour at the post office and delivered before paramedics could arrive. The clerk on duty made sure to give baby girl Dulce an official weigh in on the scales.

Hello cruel world. THINKSTOCK

• In order to avoid floods that were destroying her town in Mozambique, full term Carolina Chirindza climbed up a tree. The Irish Independent reported that for four days, she survived without food and water. When the helicopter finally rescued Chirindza, it also brought up baby Rosita. Her mother not only delivered her in the treetops but also held onto her so she wouldn't fall in the crocodile-infested waters.

• A couple that was part of the Occupy Wall Street protests had an unexpected member join its cause. When mother Mila Amie Economopoulos Jones went into labour, her husband and an organizer cut their Occupy meeting short and rushed her to the hospital in a cab, according to NBC New York. It was too late though: Jones gave birth in the backseat of the vehicle.

• An Indian woman named Bhuri Kalbi also gave birth on a toilet, but this time it was on a moving train. However, unlike airline toilets that store the waste in a tank, this train's toilet emptied out right onto the tracks, Reuters reported. The mother admitted she was so surprised by the birth that she didn't even notice her child had slipped. The train was stopped immediately, and luckily, the child was found on the pebbles next to the track uninjured.

• This last one isn't weird because of where the baby was born but how. In 2009, Mia Washington, of Texas, had twin boys, but each, a DNA test proved later, had a different father. Known as heteropaternal superfecundation, it happens rarely, and usually then when in vitro is involved. But Washington's pregnancy was natural, so to speak. We'll let you imagine how it happened.

The In-Credibility Factor

Lauren Friese PROVIDED

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Lauren Friese
City: Toronto
Age: 29

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:
"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

• "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."

• "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."

• Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Test-taking likely isn't front of mind for students just getting settled back into school routines. But it's not too soon to start plotting plans to hit the books well before the first quiz pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn. "You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed.
CHRIS YOUNG/THE CANADIAN PRESS

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

THE CANADIAN PRESS

Mark Your Calendar!
Canada-Wide National Open House
Thursday, September 13 from 9am to 3pm

Adecco is filling hundreds of exciting permanent, temporary and contract jobs:
- Professional
- Sales & Customer Service
- Light Industrial & Manufacturing
- Forklift Operator
- IT
- And Many Others!

Visit adecco.ca to learn more and RSVP today!

Vancouver
505 Burrard St, Ste 1650, Bentall I
604-669-1203

Richmond
150 - 5890 No. 3 Rd
604-273-8761

Adecco
better work, better life

Connect with us

adecco.ca

WORK IN:

WEBSITE MARKETING

Become Google Adwords Certified!
Web Marketing Specialist Diploma
- Search Engine Marketing
- Adobe Photoshop, HTML, CMS
- Social Media, Email marketing
- Search Engine Optimization

> Info Sessions • 11:00 am • Fridays

INFORMATION TECHNOLOGY

CICSO Certified Education Partner
Certified Network Associate (CCNA)
Network Administration Specialist Program

LEARN FROM TOP INDUSTRY PROFESSIONALS! • 100% practicum placement
85% of graduates get industry jobs • Immediate start dates
Hands-on learning opportunities

www.brightoncollege.com • Burnaby & Vancouver 604.901.5121

BRIGHTON COLLEGE Your future is bright.

Women taking women under their work wing?

Girl power. Ladies can be powerful mentors to their female co-workers, but how often is that really happening?

JULIA WEST
Metro World News in Philadelphia

"Women help women in the workplace in myriad ways," proclaims Teresa Currier, chair of Saul Ewing LLC's Women's Development Initiative. "First, the mere presence of other professional women helps younger women making their way up, because a strong population of women silently stands for the proposition of inclusion in one of its many forms."

It's difficult to say if this thought reflects what's really happening in the workplace. Of course, we hope it's accurate, but a recent poll by LinkedIn found that 51 per cent of women surveyed between the ages of 18 and 29 said that they have not been mentored by female colleagues. Of the women questioned, 67 per cent of those who aren't mentoring others said the reason is because they haven't been asked to mentor anyone.

While it's hard not to get discouraged by these numbers, it's important to remember a couple of things. First, each situation is circumstantial.

Brittany Sykes, senior account executive at Teszler PR, Inc., recalls when her supervisor, Barbara Teszler, helped her advance in her career.

"After interning (for Teszler), I was offered a trial run for a position and ultimately became a publicist," says Sykes. "(Teszler) left the company to start her own and because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Aside from the numbers, the LinkedIn survey tells us something very insightful: Women aren't asking to be mentored.

"We're all in this together," Currier reminds us. "Women today know that, and act upon it." If we look up to other women in the workplace, the study suggests we need to start asking them to help us in our own careers.

Career connections

"...Because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Brittany Sykes
Senior account executive at Teszler PR, Inc. on her supervisor, Barbara Teszler

Just because she hasn't asked for a mentor doesn't mean she doesn't want one. ISTOCK

National Career Day

Wednesday, September 12, 2012
from 9 am to 5 pm

Visit us and explore new career opportunities!
No appointment is necessary, however, you are asked to bring a resume and two references with you.

Randstad Burnaby
4300 Kingsway, Unit 7, Burnaby, V5H 1Z8 T 604.629.1669

Randstad Vancouver
100-905 West Pender, Vancouver, V6C 1L6 T 604.408.2772

Administrative Support, Accounting & Finance
- Accounting Clerk, temporary and permanent, $14 - $16/hr
- Administrative Assistant, temporary and permanent
- Bilingual Data Entry, temporary, $12 - $13/hr
- Clerical Assistant, permanent, $15/hr
- Data Entry, temporary, $12/hr
- Receptionist, temporary, $14/hr

Industrial Support
- General Labour, $11- $13/hr
- Forklift Operator, $14 - $15/hr
- RF Scanner, $12/hr
- Order Picker, $12/hr

Contact Centre & Customer Care
- Bilingual Customer Service Rep, permanent, $30k
- Dispatch, 7 days on / 7 days off, permanent, $12 - $13/hr
- Inside Sales Specialist, permanent $30k base + commission

Administrative Support
- Administrative Assistant, temporary 6 months, $17/hr
- Data Entry Clerk, permanent, $27k
- Executive Assistant, permanent, $48k
- Office Assistant, permanent, $35k
- Receptionist, temporary and permanent, $14 -$15/hr
- Accounts payable, temporary to permanent, $16-$18/hr

Visit **randstad.ca** to view all of our current openings. Follow us on

randstad

Canada's king of 'za offers up a slice of advice

Success in writing. Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than $1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?
If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?
You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame is saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?
We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures.

These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple – our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?
Wow, that's a good one! It is hard to go wrong with pizza I guess. I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now!

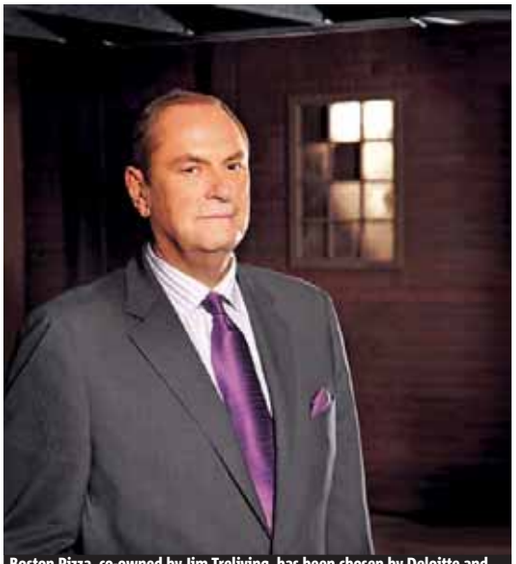
I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

l'académie BOREALIS academy
YOUR TRAINING BEGINS TODAY!
Hair Styling Classes
DURATION: 48 HOURS
This program is an essential tool for the make up artist. It will allow the make up artist to control and complete their vision, as well as helping to secure work in Bridal, Photography, Freelance, Independent film and commercials. This course includes Equipment and Product knowledge, Hairstyling methods such as Straightening, Curling, Basic Braiding, Extensions and Creating Hairstyles such as French twist, French braid, Finger waves, Pin curls, Wigs, Hair pieces and Styling for short and long hair.
604.304.3303 | borealisacademy.com

HILLTOP ACADEMY
FITNESS LEADERSHIP DIPLOMA PROGRAM
BECOME A PERSONAL TRAINER
• Receive Your Diploma In 4 Months
• Earn Up To $70/Hour
• Job Placement Assistance
• Enter to WIN Free Tuition!
NEW LOCATION Now in New Westminster
HILLTOP ACADEMY
(604) 553.0505
www.hilltopacademy.ca
PCTIA

Become An Elite PERSONAL TRAINER!
INFOFIT 604.683.0785
admin@infofit.ca
www.infofit.ca
INTERNATIONAL • ON-LINE
VANCOUVER • BURNABY • SURREY
Infofit

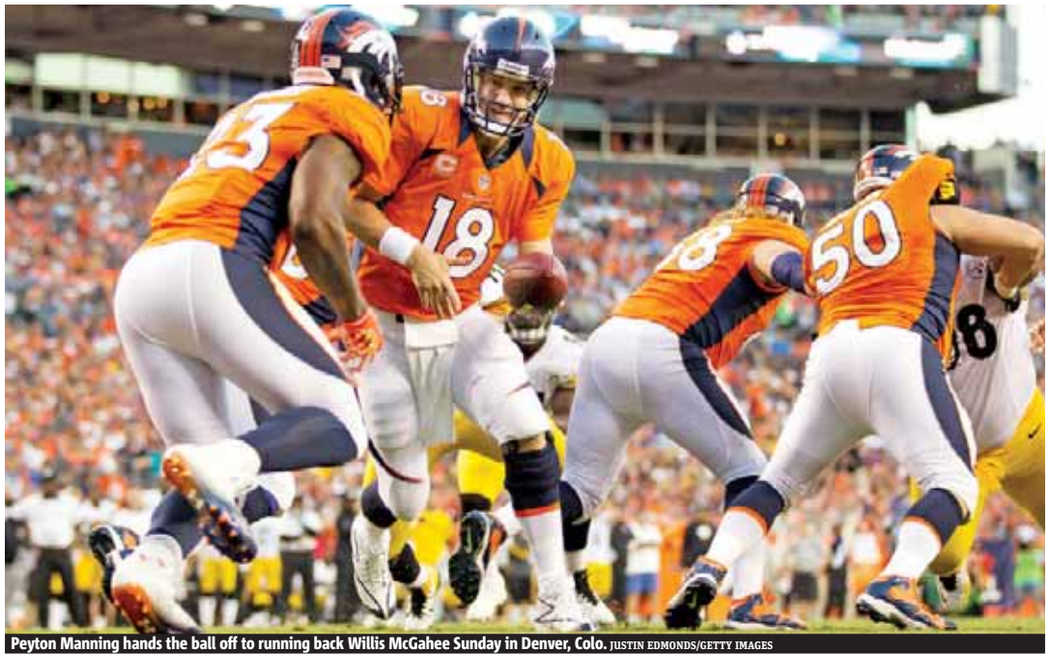
Career Bear
I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.
Don't just dream about your new career...
Get there with CareerBear.com
Go to CareerBear.com for your chance to
WIN
1 of 4 weekly prizes of an Apple Macbook Pro with Retina display!
"Apple" and "MacBook Pro" are trademarks of Apple Inc.
Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit clubmetro.com

SPORTS 4

Mobile sports

Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

MoneyProvider.com
$500 Loan and more
Fast, easy and secure
No credit refused
1-877-776-1660
www.moneyprovider.com



Peyton Manning hands the ball off to running back Willis McGahee Sunday in Denver, Colo. JUSTIN EDMONDS/GETTY IMAGES

Manning finding his way on his new team

NFL. Broncos QB makes triumphant return from serious neck injury

Peyton Manning baffled defences for years by using strange words such as "ice cream" and "soul train" at the line of scrimmage.

The four-time NFL MVP is struggling to grasp a new language now, though it didn't show in his debut with Denver.

"That's been one of the hardest things, learning new terminology, new formations," Manning told Tony Dungy on NBC's Football Night in America.

Coming off four neck surgeries that sidelined him all of 2011, Manning made a triumphant return Sunday night with his new team. Manning threw two touchdown passes to lead the Broncos over the Pittsburgh Steelers 31-19.

Sunday's game

Broncos	Steelers
31	19

His first touchdown pass as a Bronco was a 71-yard completion to Demaryius Thomas. It was the 400th touchdown pass of Manning's career.

Manning reached the milestone in his 208th career game. Dan Marino did it in his 227th game and Brett Favre in his 228th.

Manning, who is known for masking his emotions, was surprisingly candid in a pregame interview with Dungy, his former coach in Indianapolis. He said he's "not even close" to being settled in Denver and always thought he'd play for one team.

The biggest adjustment for Manning has been understanding the offence.

"As you know, in Indianapolis we kind of had a unique language, and it didn't carry over to any other team," Manning said. "So that's been humbling for me. A lot of times these coaches do a double take and say, 'I thought you were supposed to be this smart quarterback. How come you keep having to run it again?' But there has been no carryover. That's presented a challenge, but that's a challenge I've embraced."

Manning was considered a maestro on the football field with the Colts. He was a master at dissecting defences and changing plays at the line. Manning had an odd way of calling audibles, putting on a show with his gyrations, finger-pointing and foot-stomping.

It may take him a while to be that animated in Denver. But even a tamer Manning can be successful.

"Everybody keeps asking me, 'Are you settled yet? Are you settled yet?' Really, not even close," Manning said.

THE ASSOCIATED PRESS

NFL

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.

Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs. Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards.

THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No. 1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth in a 41-21 loss to the Chicago Bears on Sunday.

But Luck also got picked off three times — twice by former Colt Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury.

THE ASSOCIATED PRESS

Paralympics

Coldplay, Jay-Z and Rihanna cap London Games

London's spectacular summer of sports was given a rousing send-off Sunday.

Coldplay and an all-star support cast, including rapper Jay-Z and pop star Rihanna, brought the curtain down on the most-watched and best-attended Paralympic Games of all time, ending a six-week-long festival of sport in the British capital that began with the hugely successful Olympics.

Canada won 31 medals, including seven gold.

THE ASSOCIATED PRESS

Chris Martin of Coldplay at the closing ceremony at the Paralympic Games in London. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

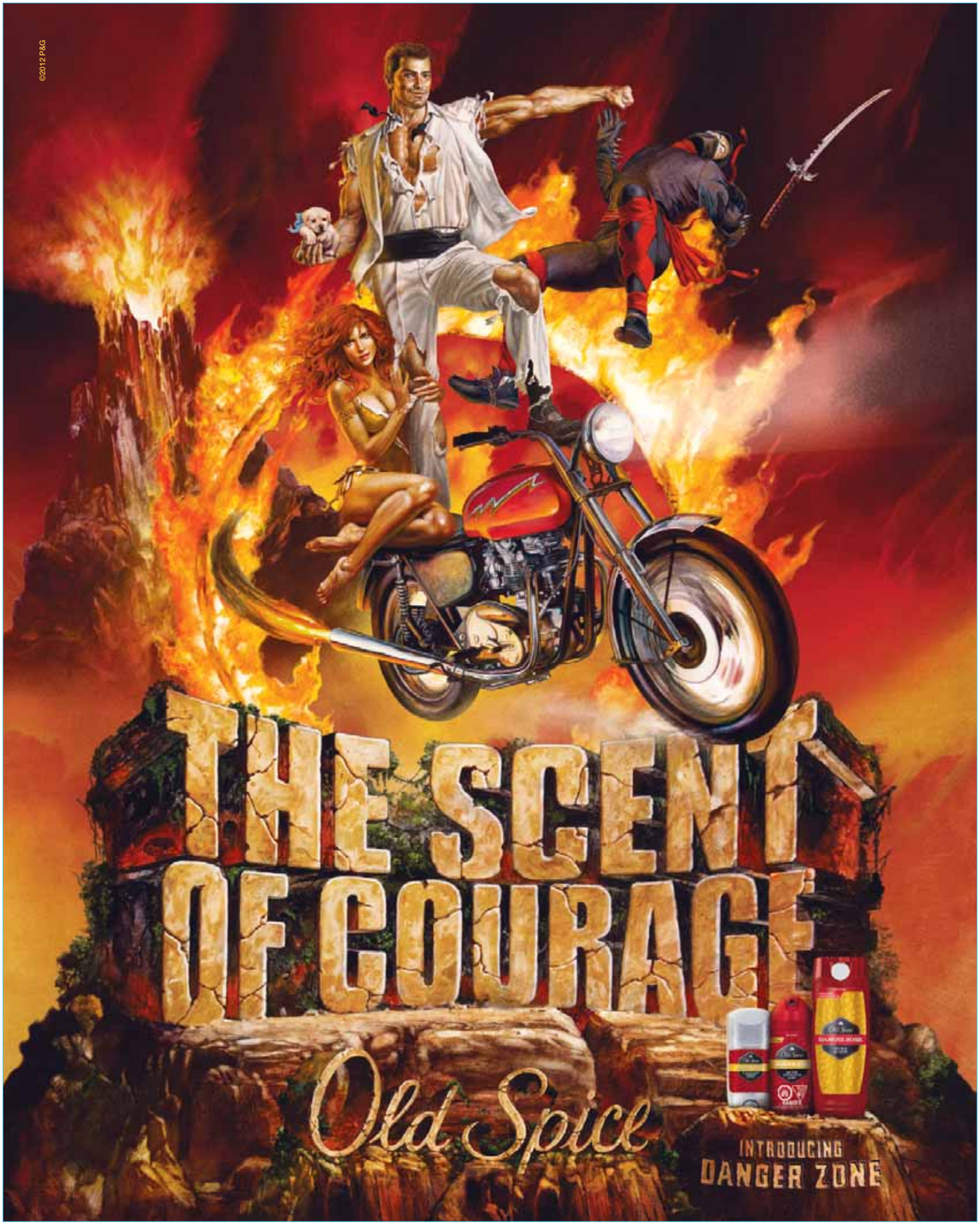
McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis

"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.


©2012 P&G
THE SCENT OF COURAGE
Old Spice
INTRODUCING
DANGER ZONE

Horoscopes

Aries
March 21 - April 20
Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

Taurus
April 21 - May 21
All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

Gemini
May 22 - June 21
Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

Cancer
June 22 - July 23
You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

Leo
July 24 - Aug. 23
Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

Virgo
Aug. 24 - Sept. 23
Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

Libra
Sept. 24 - Oct. 23
The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

Scorpio
Oct. 24 - Nov. 22
Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

Sagittarius
Nov. 23 - Dec. 21
Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

Capricorn
Dec. 22 - Jan. 20
No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

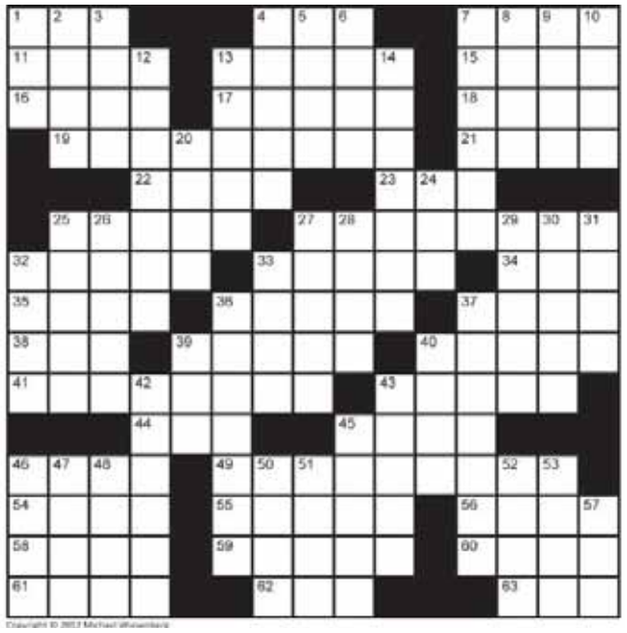
Aquarius
Jan. 21 - Feb. 19
Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

Pisces
Feb. 20 - March 20
Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

BY MICHAEL WIESENBERG



Across
1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ___ Heep
18. World's longest river
19. Guy ___: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ___!": "Taste this!" (2 wds.)
36. Mountain ___: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ___
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ___!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ___ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down
1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ___ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ___
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ___ Chong (Tommy's daughter) (2 wds.)
37. Nunavut capital
39. Walther ___: Bond's gun
40. "I ___ bad moon rising" (2 wds.)
42. Sheds feathers
43. Gives money (to)
45. Canvasses
46. Darkens
47. Thought
48. "I Only Have ___ for You"
50. Apartment division
51. Allman or Lake of rock
52. "___ the night before Christmas ..."
53. Alone
57. Just put on the market

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

Friday's Sudoku

Today 17°/10° Partly cloudy
Tuesday 16°/10° Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

FLIGHT CENTRE Unbeatable
Las Vegas Air + 3 Nights + 2-Night Cruise
$589 from
incl $511 base + $78 taxes & fees
INCLUDES 2-night cruise sailing Vancouver to San Francisco, all airfare and 3 nights Vegas accom on the Strip.
1 866 519 5111 | flightcentre.ca
Conditions apply. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG. #HO2790

Search over 50,000 used cars, fast and free.
autocatch.com

Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net
Simple changes can bring more meaning to your life.
Create happiness and well being.
Ongoing free programs on the spiritual practice of meditation on Inner Light and Sound.
Every Tuesday 7pm,
535 West 10th Avenue
(back entrance, near City Hall)
at Pacific Reflexology

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Buy For: $49

$49 FOR AN INITIAL CONSULTATION, 4 SPINAL X-RAYS AND ONE ADJUSTMENT FROM TRUE HEALTH CHIROPRACTIC (A $200 VALUE)

Regular Price: $200

You Save: $151

Discount: 76%

$49 FOR A 1500 THREAD COUNT EQUIVALENT BRUSHED MICROFIBER SHEET SET FROM DIRECTSHOPS.CA CANADA (A $140 VALUE) - INCLUDES SHIPPING

DIRECTSHOPS.CA: FIVE OPTIONS
OPTION 1: $124 FOR AN XL KING SIZE SYNTHETIC SILK DUVET | OPTION 2: $119 FOR A KING SIZE SYNTHETIC SILK DUVET | OPTION 3: $99 FOR A QUEEN SIZE SYNTHETIC SILK DUVET.
FOR MORE OPTIONS VISIT WAGJAG.COM!

$49 FOR A COMPLETE HEAT RESISTANT BAG SET FROM HAIRBAGZ (A $105 VALUE)

WagJag.com and TELUS®

Are Proud To Work Together To Give TELUS Wireless Subscribers

$10 WagJag Credit Every Month!

TELUS

Visit www.wagjag.com/telus

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

Hurry to WagJag.com to purchase local deals before time runs out.

Richmond Pawnbrokers

6892 No.3 Road, Richmond BC | 604. 233.0111

FREE APPRAISALS

INSTANT CASH PAYOUT

SAFE AND CONFIDENTIAL

WE BUY:

GOLD | JEWELLERY | FINE WATCHES
DESIGNER HANDBAGS | SWAROVSKI CRYSTAL

LOANS AVAILABLE ON ALL ITEMS!

ENGLISH AND CHINESE SPEAKING STAFF

www.richmondpawnbrokers.ca

VISIT OUR WEBSITE FOR TODAY'S GOLD PAYOUT RATES

@Richmondpawn